

Chapter 1 – Abstract

This study was conducted between December 2014 and June 2015 as part of the researchers MSc in Person-Centred psychotherapy and counselling, studied at the Sherwood Psychotherapy Training Institute (SPTI) validated by Coventry University. The study is conducted within the ethical guidelines of the SPTI (2011) and the United Kingdom Council for Psychotherapists (2009). The study complies with the Data Protection Act (1998).

The study aims to explore the effectiveness of the necessary and sufficient conditions (Rogers 1957) of the person-centred approach, when working with type-2 diabetic clients who come to therapy with specific goals for lifestyle management. The study is conducted with a grounded theory (GT) methodology (Glaser and Strauss 1967), of a constructivist fashion (Corbin and Strauss 1998). Constructivist GT is a qualitative methodology which aims to gather data from the lived experience of research participants, whilst acknowledging the reflexivity of the researcher throughout (Charmaz 2006).

The research question was developed in response to the researcher's own experience of working with type-2 diabetic clients at a diabetic counselling service, as well as a small pilot study focus group of 6 trainee person-centred therapists and a tutor at the SPTI.

Participants for this study were recruited via advertisement (appendix 1) through psychotherapy organisations and training institutes across the UK, and were

accepted to the study if they met the criteria of being a qualified person-centred therapist or a trainee who has worked with diabetic clients – or have been diabetic clients themselves. 5 participants were recruited to the study and interviewed. Interviews were recorded and transcribed verbatim and were analysed using a line by line coding method.

A literature review was conducted alongside interviews as recommended by GT theorists (Charmaz 2006), in order to develop in line with the emerging grounded theory, comparing data to existing research.

The core grounded theory of this study emerged as 'Stage based counselling for diabetic clients: adding texture, colour and depth to the necessary and sufficient conditions (Rogers 1957) as part of a wider issue', which depicts 3 sub-categories which weave together to form a step-by-step process of working with type-2 diabetic clients who come to therapy with specific goals for lifestyle management. These sub categories are 'Getting to know you', 'Acknowledging the bigger picture' and 'Ongoing Support'.